

<https://www.youtube.com/watch?v=RvpGGX6ivmE>
 Moeng MS, Viljoen F, Makhadi S. The Role for Preperitoneal Pelvic Packing in Low-to-Middle-Income Countries: A 16-Year Experience at a Johannesburg Trauma Unit. *World J Surg.* 2023 Nov;47(11):2651-2658. doi: 10.1007/s00268-023-07173-4. Epub 2023 Sep 17.
 Papakostidis C, Giannoudis PV. Pelvic ring injuries with haemodynamic instability: efficacy of pelvic packing, a systematic review. *Injury.* 2009;40(Suppl 4):S53-S61. doi: 10.1016/j.injury.2009.10.037.
 Kataoka Y, Maekawa K, Nishimaki H, et al. Iliac vein injuries in hemodynamically unstable patients with pelvic fracture caused by blunt trauma. *J Trauma.* 2005;58(4):704-708. doi: 10.1097/01.TA.0000159346.62183.8F
 Ben-Menachem Y, Coldwell DM, Young JW, et al. Hemorrhage associated with pelvic fractures: causes, diagnosis, and emergent management. *AJR Am J Roentgenol.* 1991;157(5):1005-1014. doi: 10.2214/ajr.157.5.1927786.

Preperitoneal Packing

Tips & Tricks from ESTES Education in collaboration with the Polytrauma section

The Problem

Trauma patients with pelvic fractures can present with challenging-to-manage bleeding

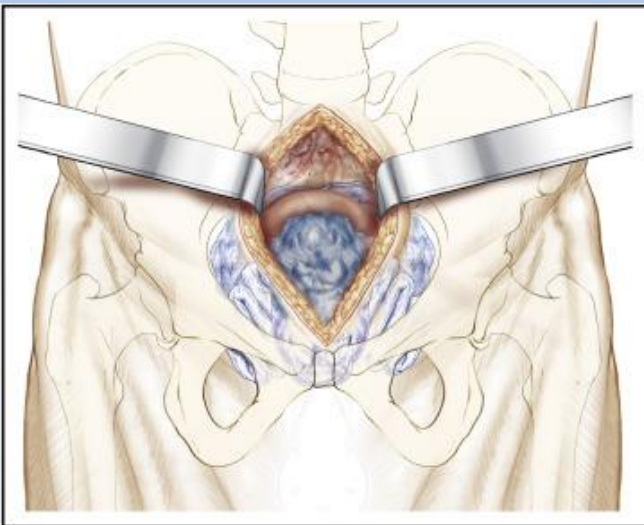
The Challenge

Packing buys time. It temporarily controls bleeding in unstable patients, allowing resuscitation before definitive surgery.

The Evidence

- Early preperitoneal packing reduces mortality
- ~90% of pelvic bleeding is from venous plexus injuries
- Arterial bleeding can occur in up to 30% of unstable patients

Tips & Tricks



Surgical Steps

Perform a trauma laparotomy
 Identify the bladder
 Insert fingers between peritoneum and abdominal wall muscles
 Dissect to the presacral space
 Insert towels

Caution: Be careful not to cut your fingers on pelvic bone fragments!

T. Monchal et al Preperitoneal pelvic packing, *Journal of Visceral Surgery*, Volume 154, Supplement 1, 2017, S57-S60, 1878-7886, <https://doi.org/10.1016/j.jviscsurg.2017.08.006>.

Conclusion

Preperitoneal pelvic packing is an effective and life-saving technique for controlling hemorrhage in patients with pelvic fractures. Proper technique and anatomical understanding are key to successful outcomes.